

**Bread production method for dietary and health-care for women**

**Patent number:** CN1086384  
**Publication date:** 1994-05-11  
**Inventor:** MINGJIE SONG (CN)  
**Applicant:** SONG MINGJIE (CN)  
**Classification:**  
- **International:** A21D2/02  
- **European:**  
**Application number:** CN19920112680 19921104  
**Priority number(s):** CN19920112680 19921104

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Production method of bread with lose weigh and heaalth-care feature. According to scientific research and clinical practice, it proves that the cause of human's carcinoma of colon, mammary cancer have relations to diet which is low cellulose, high fat, deficience of calcium, selenium and molybdenum. This invention refers to two kinds of bread The firs kind of bread contains appropriate high cellulose, low animal fat, more calcium, selenium and molybdenum ingredients. It can substiitne some medicine's function to prevent diseases. It is good for middle-age patients from adiposis, hypertension, hyperlipemia, coronary heart disease, especiaiy reducing disease incidence of carcinoma of large intestine possitive. Because there isn't any chemical additives, it has no side-effect. The second kind of bread is for women. Considering high morbidity of iron-deficiency anemia as physiological factor for women, it will increase iron, calcium-content properly in the bread to prevent and cure this..

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